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All quotes

- [“A disciplined mind brings happiness.” The Buddha](#)
- [“All experiences are preceded by mind, having mind as their master, created by mind.”](#)
- [“Ardently do today what must be done. Who knows? Tomorrow, death comes.”](#)
- [“Conquer anger with non-anger. Conquer badness with goodness. Conquer meanness with generosity. Conquer dishonesty with truth.” The Buddha](#)
- [“Delight in heedfulness! Guard well your thoughts!” The Buddha](#)
- [“Give, even if you only have a little.”](#)
- [“I do not dispute with the world; rather it is the world that disputes with me.”](#)
- [“If with a pure mind a person speaks or acts, happiness follows them like a never-departing shadow.”](#)
- [“In whom there is no sympathy for living beings: know him as an outcast.” The Buddha](#)
- [“It is in the nature of things that joy arises in a person free from remorse.” The Buddha](#)
- [“Just as a mother would protect her only child with her life, even so let one cultivate a boundless love towards all beings.”](#)
- [“Meditate ... do not delay, lest you later regret it.”](#)
- [“Purity and impurity depend on oneself; no one can purify another.”](#)
- [“Radiate boundless love towards the entire world...”](#)
- [“See them, floundering in their sense of mine, like fish in the puddles of a dried-up stream — and, seeing this, live with no mine, not forming attachment for states of becoming.” The Buddha](#)
- [“Should a seeker not find a companion who is better or equal, let them resolutely pursue a solitary course.”](#)
- [“Should you find a wise critic to point out your faults, follow him as you would a guide to hidden treasure.”](#)
- [“Speak only endearing speech, speech that is welcomed. Speech, when it brings no evil to others, is a pleasant thing.”](#)
- [“The one in whom no longer exist the craving and thirst that perpetuate becoming; how could you track that Awakened one, trackless, and of limitless range.”](#)
- [“There is no fear for one whose mind is not filled with desires.” The Buddha](#)
- [“To support mother and father, to cherish partner and children, and to be engaged in peaceful occupation — this is the greatest blessing.”](#)

- “Understanding is the heartwood of well-spoken words.” The Buddha
- “Whatever has the nature of arising has the nature of ceasing.” The Buddha
- “Whatever is not yours: let go of it. Your letting go of it will be for your long-term happiness & benefit.”
- “Whatever precious jewel there is in the heavenly worlds, there is nothing comparable to one who is Awakened.” The Buddha
- “‘All conditioned things are impermanent’ — when one sees this with wisdom, one turns away from suffering.” The Buddha
- “‘As I am, so are these. As are these, so am I.’ Drawing the parallel to yourself, neither kill nor get others to kill.” The Buddha
- “A mind unruffled by the vagaries of fortune, from sorrow freed, from defilements cleansed, from fear liberated — this is the greatest blessing.” The Buddha
- “All tremble at violence; all fear death. Putting oneself in the place of another, one should not kill nor cause another to kill.” The Buddha
- “As a water bead on a lotus leaf, as water on a red lily, does not adhere, so the sage does not adhere to the seen, the heard, or the sensed.” The Buddha
- “As an elephant in the battlefield withstands arrows shot from bows all around, even so shall I endure abuse.” The Buddha
- “Better it is to live one day seeing the rise and fall of things than to live a hundred years without ever seeing the rise and fall of things.” The Buddha
- “Both formerly and now, it is only suffering that I describe, and the cessation of suffering.” The Buddha
- “Ceasing to do evil, Cultivating the good, Purifying the heart: This is the teaching of the Buddhas.” The Buddha
- “Drop by drop is the water pot filled. Likewise, the wise man, gathering it little by little, fills himself with good.” The Buddha
- “Hatred is never appeased by hatred in this world. By non-hatred alone is hatred appeased. This is a law eternal.” The Buddha
- “Having gone on his almsround, the sage should then go to the forest, standing or taking a seat at the foot of a tree. The enlightened one, intent on jhana, should find delight in the forest, should practice jhana at the foot of a tree, attaining his own satisfaction.” The Buddha
- “He who can curb his wrath as soon as it arises, as a timely antidote will check snake’s venom that so quickly spreads, — such a monk gives up the here and the beyond, just as a serpent sheds its worn-out skin.” The Buddha
- “I will not look at another’s bowl intent on finding fault: a training to be observed.” The Buddha
- “If a man going down into a river, swollen and swiftly flowing, is carried away by the current — how can he help others across?” – The Buddha
- “If they are neither traceable in the Discourses nor verifiable by the Discipline, one must conclude thus: ‘Certainly, this is not the Blessed One’s utterance’“ The Buddha
- “Irrigators channel waters; fletchers straighten arrows; carpenters bend wood; the wise master themselves.” The Buddha
- “Just as a solid rock is not shaken by the storm, even so the wise are not affected by praise or blame.” The Buddha

- “Just as the great ocean has one taste, the taste of salt, so also this teaching and discipline has one taste, the taste of liberation.” The Buddha
- “Know from the rivers in clefts and in crevices: those in small channels flow noisily, the great flow silent. Whatever’s not full makes noise. Whatever is full is quiet.” The Buddha
- “Let all-embracing thoughts for all beings be yours.” The Buddha
- “Let none find fault with others; let none see the omissions and commissions of others. But let one see one’s own acts, done and undone.” The Buddha
- “May all beings have happy minds.” —The Buddha
- “One is not called noble who harms living beings. By not harming living beings one is called noble.” The Buddha
- “Over there are the roots of trees; over there, empty dwellings. Practice jhana, monks. Don’t be heedless.” The Buddha
- “Radiate boundless love towards the entire world — above, below, and across — unhindered, without ill will, without enmity.” – The Buddha
- “Resolutely train yourself to attain peace.” The Buddha
- “Should a person do good, let him do it again and again. Let him find pleasure therein, for blissful is the accumulation of good.” The Buddha
- “Some do not understand that we must die, But those who do realize this settle their quarrels.” The Buddha
- “The calmed say that what is well-spoken is best; second, that one should say what is right, not unrighteous; third, what’s pleasing, not displeasing; fourth, what is true, not false.” – The Buddha
- “The root of suffering is attachment.” The Buddha
- “The world is afflicted by death and decay. But the wise do not grieve, having realized the nature of the world.” The Buddha
- “They blame those who remain silent, they blame those who speak much, they blame those who speak in moderation. There is none in the world who is not blamed.”
- “Those who cling to perceptions and views wander the world offending people.” The Buddha
- “To support mother and father, to cherish wife and children, and to be engaged in peaceful occupation — this is the greatest blessing.” The Buddha
- “We will develop and cultivate the liberation of mind by lovingkindness, make it our vehicle, make it our basis, stabilize it, exercise ourselves in it, and fully perfect it.” The Buddha
- “When watching after yourself, you watch after others. When watching after others, you watch after yourself.” The Buddha
- “Whoever doesn’t flare up at someone who’s angry wins a battle hard to win.” The Buddha
- “You yourself must strive. The Buddhas only point the way.” The Buddha